



Good For You!

Wellness programs by SCHOOLCARE

“To maintain healthy habits is to forge a lifelong friendship with your body.” ~ Dr. Partha Nandi

Quarter 1 Newsletter

July 1, 2019 – September 30, 2019

New Plan Year, New Engaging Programs!

Dive into Quarter 1 by registering at myCigna.com or the myCigna app to create your **Good For You!** account. You'll discover many opportunities to support your total health such as expanded program activities, user-friendly tools, and integrated resources! [Click here](#) to see a full summary of incentives available.

How do you want to feel this summer?

It's a sunny new plan year! Find your WHY and choose how to stay empowered this quarter with your wellness programs.

Upcoming Events:

Free On-Site Biometric Screenings

Please login to hsscreeningsreg.com for dates and locations.

*Login: schoolcare
PW: healthy*

Your Quarter 4 Viverae/ Simplywell incentive will be issued by 7/31!



Take the 1st steps to Understand YOU



- 1. Complete your confidential Health Assessment on myCigna** to get a personalized view of your current health. *IMPORTANT: The assessment must be completed annually. Upon completion all incentives will become available.*
- 2. Obtain your annual Biometrics** by completing a Physician Lab Form or signing up for one of over 25 on-site screening events already available. Click [here](#) for instructions on how to reserve your spot. *Cigna participants have an additional option of attending a Quest or LabCorp facility.*

Explore ways to Stay Active



NEW Apps & Activities
Find monthly and quarterly challenges that best fit your goals. Are you fitness motivated? Would you like to improve your nutrition? Choose a focus, make a goal, and get going! Click [here](#) to learn more.

Self-Reported Healthy Events
If you recently participated in a health or wellness event, reward yourself! Self-report CPR classes, fitness activities, EAP seminars and more on myCigna!

Are you a SCHOOLCARE 65+ participant?

Earn up to \$400 annually by participating in **Good For You! Wellness** components on myCigna. Check your mailbox for a brochure with the full incentive summary arriving soon!

Cash incentives, payments, and rewards paid to wellness program participants are taxable income. Please review with your tax consultant for more information.

To find easy-to-follow registration and program instructions: Visit www.schoolcare.org and click on the Health & Wellness Tile

Need help registering for an account? Please call 1-800-853-2713.

For all other questions please contact Cigna, SCHOOLCARE's wellness partner at 1-800-244-6224